

# Sesame: The new major food allergen

Sesame is the 9th major food allergen.



Ask your customers if they have a food allergy!

## Major food allergens



Peanuts



Tree nuts



Fish



Shellfish



Eggs



Milk



Wheat



Soy

## Be alert to severe allergic reaction symptoms

- Difficult breathing
- Loss of consciousness
- Rapid pulse
- Repetitive vomiting
- Swelling: Face or mouth
- Wheezing



Learn more:

[minneapolismn.gov/food-allergens](https://minneapolismn.gov/food-allergens)

**Emergency  
call 911**